

### A Message from the UMFA President

Despite this being my second “president’s message,” I already see a theme in my posts. I’m going to talk about change again. Here we are, in the midst of autumn and with so many changes happening all around us. The leaves, the wind, the animals, the crops, people around us, and ourselves – they’re all changing. Even if we stand still, change is happening. But I’m sure many of us feel we have so many activities going on – from midterms to music marathons – that the pace of change can sometimes seem rather slow. This relatively slow perception of change is also one with which we come into contact when we practice. It’s that honorable, slow, incremental build-up over time. It’s like warming up the wood of a piccolo before playing it. It’s like waiting for water to boil. It’s that patience that we’re forced to remember when we’re in a hurry and catch all the red traffic lights. All the changes – the fast ones; the slow ones; the resistant ones; the easy ones; the deep, painful ones; the sudden, happy ones; or any other combination – all of these changes form a tapestry of life from which we can formulate ideas and come to understand the world around us and within us.

My message this autumn to you is this: change. Become the person, the musician, the friend, family and community member you hope to be. Feel free to risk changing in that direction. I have a feeling that the whole world will be glad you did.

Dr. Catherine Ramirez - President of the Upper Midwest Flute Association

## FLUTE FEST 2015

Mark your calendars and get your ideas flowing – Flute Fest will be **Saturday, April 25th at Hamline University** in St. Paul! The UMFA Board of volunteers is happy to announce that our special Guest Artist this year will be **Sarah Jackson, piccoloist with the Los Angeles Philharmonic!**



**Sarah Jackson**

We look forward to a flute-filled day of concerts and activities for all ages. Among the areas represented at this year’s Flute Fest will be a special focus on the “outliers” of the flute – the piccolo and low flutes! Additionally, we aim to bring you more activities in the areas of performance health and wellness – including yoga for flutists and Alexander Technique classes. We remain excited to again present the Laudie Porter, Young Artist and Masterclass Competitions, as well as

Flute Choirs and Midwest Flutists concerts. Keep checking our website [www.umfaflutes.org](http://www.umfaflutes.org) for updates and deadlines. If you have ideas – feel free to share them with us! We look forward to making this another great Flute Fest for you!

## UMFA Calendar of Events: 2014



**Sunday, November 9, 2014**  
PARLOR CONCERT  
2:00PM  
HOME OF JUDY RANHEIM  
*registration necessary*  
[UMFA.PARLOR.CONCERTS@GMAIL.COM](mailto:UMFA.PARLOR.CONCERTS@GMAIL.COM)

**Saturday, November 15, 2014**  
HOPEWELL MUSIC FLUTE CONCERT  
3:00PM  
NORTH UNITED METHODIST CHURCH  
4350 Fremont Ave N  
Minneapolis, MN

**January 10, 2015**  
HONORS FLUTE CHOIR AUDITIONS  
Site to be determined

**Saturday, January 31, 2015**  
FLUTE MARATHON CONCERT  
7:30PM  
MALL OF AMERICA  
Sears Court  
Bloomington, MN

**February 28, 2015**  
FLUTE CHOIR SHOWCASE  
10:00AM-4:00PM  
Site to be determined

**Saturday, April 25, 2015**  
FLUTE FEST  
7:30PM  
HAMLINE UNIVERSITY  
St. Paul, MN

**2014-2015  
UMFA BOARD OF DIRECTORS**  
Upper Midwest Flute Association, Inc.

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## JOIN THE UMFA BOARD

The UMFA Board of Directors has three open positions – Membership Chair, Volunteer Coordinator and Corporate Liaison. If you or someone you know would like to volunteer and get involved in your UMFA flute community please e-mail Catherine Ramirez at [ramirez@stolaf.edu](mailto:ramirez@stolaf.edu) with the header “UMFA open position.” Thanks!

## 28th Annual Laudie Porter Competition, 2015

Live Preliminaries March 21

Finals at Flute Fest, April 25

Registration Deadline, February 14  
(must be postmarked by midnight)

Look for forms and details on  
the UMFA website  
at the end of October

## Newsletter Deadline

The deadline for submissions for the next newsletter is  
Dec. 15, 2014.

If you have articles, announcements, cartoons, recital dates  
or other information for the newsletter, please submit on or  
before this date to

**Nancy Maloney:**

[nancymaloneyflutes@gmail.com](mailto:nancymaloneyflutes@gmail.com)

## The Small Ball Release -

By Jennifer Kennard

UMFA is diligent in trying to help its members improve their overall experience with the flute; part of that experience is determined by our bodies—what we fundamentally have to work with and how we use it. To that end, a class called “Small Ball Release” will be offered at Flute Fest 2015.

As flutists, we continuously ask the musculature of our body to do things that it is not necessarily designed to do. Certainly our necks are designed to look off to the left, but not necessarily for hours and hours a day. Holding our arms up to support the flute is not so hard, but how often do we spend a corresponding amount of time either stretching those muscles or strengthening the opposing muscles?

As a professional flutist, I try very hard to consciously practice in as relaxed and balanced manner as possible. However, I am only human; as a flutist for more than half of my life now, I have, over the years, developed some relatively minor muscle imbalances here and there throughout my body. (For example, I would never—ever—turn down a massage of my trapezius muscles.) As I get older, minor aches turn into major pains or seized muscles more easily and those strains take longer to recover from. Consequently, I’ve been trying new stretching classes to try and maintain harmony between what I want to do and what my body will allow me to do.

Recently I tried a class called “Small Ball Release” at Studio TimeOut in southwest Minneapolis. At the beginning of class, the participants set up with a mat (for comfort), a torso-length bolster, and a set of balls—about the size and squishy-ness of a tennis ball. The premise of the class is quite simple: using one’s own body weight on the balls and some

gentle movement of associated limbs, participants massage their fascia and muscles. (Fascia, rather simplistically, is a web of fibrous tissue that runs throughout the body, connecting muscles and such together and allowing us to move.) By relaxing or lengthening the fascia, the muscles that lie above them can then relax and unknot. The exercises can be performed on any part of the body, but the class that focuses on the back- specifically the spine- was a revelation to me as a flutist.

I am a relatively relaxed player (at least I always try to be) and I have always thought that my body is, minor issues aside, flexible and free of tightness and limited-range issues. However, after 20 minutes of Small Ball Release, I could move my neck and head with a freedom I haven’t had—or known I was missing—in years. Another twenty minutes and the range of motion in my shoulders practically doubled. By the end of the class, I felt as if I gained another inch of height since my shoulders were no longer hunching me over in their attempt to touch each other, and my limbs swung freely at my side in any direction gravity and propulsion took them. I felt like I was five again.

That, in and of itself, was rather exciting. But then I played my flute. With less tension in my body and more space in my torso for resonance (you’ll remember my shoulders had stopped trying to touch and so my rib cage was much more open and elevated), my sound was richer and fuller than before and it was achieved with much less effort. We all know exercise is good for us, but so is relaxing—relaxing our minds, our body, our musculoskeletal system— but it is also good for our playing. I hope you give the class a try at Flute Fest and see what it can do for you and your playing, too!

## Membership News

If you haven’t already done so, please be sure to renew your membership for 2014-2015. We have a great year planned for you, so do it today! Go online and register at [www.umfaflutes.org](http://www.umfaflutes.org) or use the form on the back page of this newsletter.

**THE UMFA MEMBERSHIP YEAR**

**RUNS FROM**

**SEPTEMBER 1 TO AUGUST 31**

**UMFA MEMBERSHIP AVAILABLE ONLINE**

We have made it easier to join UMFA and renew membership by doing so online at the UMFA website: [www.umfaflutes.org](http://www.umfaflutes.org).

Please pass this information along to potential new members. Looking forward to seeing you at Flute Fest on April 12th!



## CALLING ALL FLUTE STUDENTS!

The MusicLink Foundation is a national non-profit organization with the mission of helping children in need get music lessons, music, instruments and other musical opportunities they might not otherwise be able to afford. Each year the MusicLink Foundation holds a Playathon at the Mall of America to raise funds for the MusicLink program and I would like to invite flute students (and their teachers) to come to perform. Performers get pledges for the 1 or 2 pieces that they play and prizes are awarded for different levels of support.

Students love performing at the Mall of America, the parents love that their children are using their talent to help children in need and teachers love to see their students performing in such a public venue. While it has been a very successful and exciting weekend of music-making with over 300 student and teacher performances, piano students dominate the stage. While we love our piano students, it would so great to see other instruments represented at this event, so I would like to invite your students to come and participate in our next event which is on the weekend of Feb. 7-8, 2015.

More information and registration forms can be found at the MusicLink Foundation website. Look under Events on the Home Page [www.musiclinkfoundation.org](http://www.musiclinkfoundation.org) You can also contact Sue Wege, Minnesota State MusicLink Coordinator 651-458-0143 [swege71@comcast.net](mailto:swege71@comcast.net)

Also, if you are teaching a student at a reduced rate (50% or less of your normal fee) because of financial need or you would like to reach out to a child in need in this way, please consider registering as a MusicLink teacher. We would love to be a source of support for you in your outreach.



### UMFA History

Check out the History area under the "About Us" tab on the UMFA website. Click on programs which lists a sampling of the activities that this exceptional organization has presented. You will be impressed!

### Photo Of the month



### UMFA MARKETPLACE

These listings can be found on the UMFA website:

[umfaflutes.org](http://umfaflutes.org)

under Resources tab.

- Lessons / Services
- Flutes / Piccolos for Sale
- Musicians for Hire
- Miscellaneous

### Pay Pal

Did you know? UMFA can now accept payments for memberships, events, and contributions via PayPal. Payments may be made either by credit card or through another PayPal account.

# Upper Midwest Flute Association

- is a flute organization for flutists of all ages, levels and skills. It is based in the Twin Cities and includes members from all regions in the Upper Midwest. Here are just a few of the resources UMFA offers its members:

- Events such as parlor concerts and an annual flute festival
- Opportunities for students to learn and perform
- Resources and networking for flute teachers
- Alto and bass flutes available for rental
- An online marketplace with listings of flute teachers, flutes for sale, and musicians for hire
- A regular newsletter
- A music lending library
- Publicity assistance for members' concerts and events through our "UMFA Updates" e-mails and our website

## UMFA Updates

If you are a current UMFA member, and have an event to publicize, you can submit it to [information@umfaflutes.org](mailto:information@umfaflutes.org) to be included in an "UMFA Update" Information must be sent by Sunday at 7 PM to be included in the next week's update. Please limit your posting to 200 words.

## Check it out



The Upper Midwest Flute Association website:  
[umfaflutes.org](http://umfaflutes.org)

## UMFA Lending Library

The UMFA lending library contains music for flute solo, chamber groups and flute choir. For more information, including a catalogue of available pieces, check our website. Members can gain access to the collection by appointment, and please contact us if you are interested in making a donation. For all inquiries, please send an e-mail to:  
[umfalibrary@gmail.com](mailto:umfalibrary@gmail.com)

UMFA Fall Newsletter 2014  
Number 185  
Upper Midwest Flute Assn, Inc.  
6324 Decatur Ave N  
Brooklyn Park, MN 55428  
[www.umfaflutes.org](http://www.umfaflutes.org)  
Nancy Maloney - Editor  
Michael Schleicher - Layout Editor

## Did You Know

James Galway performed on the Academy Award-winning soundtracks of "Lord of the Rings" film trilogy, composed by Howard Shore.

# 2015 HONORS FLUTE CHOIR And FLUTE CHOIR SHOWCASE

UMFA is proud to host the 2015 Honors Flute Choirs for outstanding Junior High and Senior High School Students. This is a wonderful opportunity for flutists to get to know other flutists while playing fun and interesting literature written for the entire flute family. Participants who are interested may have the experience of playing on Alto and/or Bass Flutes. This year's Honors Flute Choir will be performing as part of UMFA's annual Flute Choir Showcase, an event which focuses on Flute Ensembles for players of all ages, from groups comprised of young Suzuki flutists to those whose membership includes adult flutists in their retirement years.

This year's Honors Flute Choir will be

an auditioned ensemble open to flutists in Grades 6 – 12. Auditions will be held on Saturday, January 10, with rehearsals on Saturday, Feb 7, and Saturday, Feb 14, from 2:00 – 4:00pm. They will be one of the featured performing groups at UMFA's Flute Choir Showcase on Saturday, February 28 (locations of auditions, rehearsals and performances to be determined shortly.)

All Honors Flute Choir members must be current members of UMFA (\$20 – student membership) and pay a Participation fee of \$10. (Scholarships are available. Please contact Trudi Anderson at [VP@umfaflutes.org](mailto:VP@umfaflutes.org)) The January 10th audition will consist of scales (2 octaves up to four flats and sharps, and a chromatic scale);

prepared excerpts (posted on the UMFA website); and sight-reading. To fill out an application for participation in the Honors Flute Choir, and to reserve an audition time on Jan 10, fill out the application printed in this publication. **Applications must be postmarked OR scanned and e-mailed by December 10, 2014.**

**If you are a member of an existing flute ensemble** and you would like your group to participate and/or perform at the 2015 Flute Choir Showcase on Saturday, February 28, please contact Trudi Anderson at [VP@umfaflutes.org](mailto:VP@umfaflutes.org)

## Donate Your Used Flute

by Carny Berg

Do you know where your old flute is?

If you have no plans to use your flute, perhaps you would consider donating it to UMFA to place in the hands of a student who might not otherwise have access to an instrument. UMFA is partnering with Hopewell Music Cooperative North, a music school in North Minneapolis, who serves underprivileged youth giving free and reduced lessons for scholarship students. Since UMFA is a 501(c)3 organization, donations are tax-deductible. Let a student breathe new life into your instrument!



## IF YOU EVER NEED AN ALTO OR A BASS FLUTE ...

Remember that UMFA members can rent those instruments from UMFA!  
The cost is \$5.00 per day or \$25.00 per week.  
For more information, please visit:  
[www.umfaflutes.org/fluterental](http://www.umfaflutes.org/fluterental).

# UMFA 2015 HONORS FLUTE CHOIR APPLICATION

Completed application and fees must be postmarked/scanned/emailed by  
12/10/14

TO: Trudi Anderson at [VP@umfaflutes.org](mailto:VP@umfaflutes.org)  
4631 Bruce Ave, Edina, MN 55424

## Audition

January 10

## Rehearsals

February 7 and 14, 2:00-4:00

## Performance at Flute Choir Showcase (site to be determined)

February 28, 10:00-4:00

Flutist's last name \_\_\_\_\_ First name \_\_\_\_\_ Grade \_\_\_\_\_

E-mail address \_\_\_\_\_

Home phone \_\_\_\_\_ Parent's cell phone \_\_\_\_\_

Street address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Flute teacher's name \_\_\_\_\_

E-mail \_\_\_\_\_

Street address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Band Director's name \_\_\_\_\_ School \_\_\_\_\_

### Please circle yes or no

I am available to audition on Jan 10 anytime from 10:30am -12:30pm            yes    no

I am available to audition on Jan 10 anytime from 4:00pm -5:00pm            yes    no

I would like to play piccolo            yes    no                            I have my own piccolo            yes    no

I would like to play alto flute            yes    no                            I have an alto flute            yes    no

I would like to play bass flute            yes    no                            I have a bass flute            yes    no

**(You may play both alto and bass flute, if interested. Several instruments will be available for Honors Flute Choir members to use.)**

#### If I am selected to perform in the UMFA Honors Flute Choir:

I will attend BOTH rehearsals (Feb 7 and Feb 14).                            yes    no

I will arrive early enough to be prepared to play at the rehearsals' start times.            yes    no

I will have my cell phone turned off during rehearsals and the concert.            yes    no

I will learn the music with the help of my flute teacher.            yes    no

I will bring a music stand and a pencil to the rehearsals and the concert.            yes    no

Student's signature \_\_\_\_\_

If my student is selected to perform in the UMFA Honors Flute Choir, I understand that the music will be e-mailed to me. I will share it with my student and will help my student prepare the music for the rehearsals on Feb 7 and Feb 14 and the concert on Feb 28.

Flute teacher's signature \_\_\_\_\_

#### Please check one:

\_\_\_\_\_ UMFA student membership is current

\_\_\_\_\_ UMFA student membership of \$20 (check payable to Upper Midwest Flute Association) is enclosed.

*(To renew or join UMFA please use the Registration Form on the last page of this newsletter)*



## New Scholarship Program and Kick-Off Marathon Concert

The UMFA board is excited to announce the creation of a new scholarship program to support local flute students in their musical studies. We are calling all flutists to help us kick off the fundraising effort by participating in a Marathon Flute Concert at the Mall of America (Sears Court) on Saturday, January 31st from approximately 10:30 am to 5:00 pm. (Stay tuned for information on a soon-to-be-revealed exciting grand finale!)

We want YOU to play! Everyone, from beginner students to professional flutists, is encouraged to perform in the concert. (We'd love to have some ensembles that include non-flutists, too). Each participant must fundraise a minimum of \$25 to perform in the concert. All proceeds go towards the new scholarship program. Instrument donations (both flutes and non-flutes) are welcome as well.

We also need YOUR help! Please let us know if you are willing to assist with a specific task such as coordinating time slots, assisting with publicity, recruiting performers, or finding corporate sponsors. Please e-mail Andrea at [information@umfaflutes.org](mailto:information@umfaflutes.org) if you are willing to help.

As a part of the scholarship program, UMFA is building a new partnership with the MusicLink Foundation, which supports music students by loaning instruments and helping with costs of items and opportunities such as music, supplies, and summer camps. (If you cannot play on our UMFA Marathon Flute Concert, or if you want to perform twice, please consider joining the MusicLink Playathon the next weekend!) UMFA is also exploring possible partnerships with other organizations to ensure that the instruments will be distributed to students who would otherwise have no access to musical instruments and training.

Stay tuned (pun intended) for more details!  
Bethany Gonella and Andrea Myers

## PARLOR CONCERTS

The Upper Midwest Flute Association, Inc. sponsors a series of informal member recitals throughout the year. Modeled after Nineteenth-century Schubertiads, where Franz Schubert and his friends performed for each other in their homes, the Parlor Concert Series provides a friendly and relaxed setting for performers and audiences alike. Concerts are held across the UMFA membership area in member's homes; Parlor Concerts are the perfect venue to try out a new piece or have a dry run before a recital or jury.

UMFA, Inc. provides the pianist for the event with brief rehearsal time available just before the Parlor Concert. (UMFA members are also most welcome to play works that don't require a piano.) And while UMFA doesn't guarantee treats after the performances, very often refreshments are provided, adding to the camaraderie and enjoyment of the events.

Contact Vanamali Medina at: [UMFA.parlor.concerts@gmail.com](mailto:UMFA.parlor.concerts@gmail.com) or 612-812-2715) to find out more about the series, to volunteer to host a concert, or to perform on one yourself.

Parlor Concerts are advertised in this publication and on the UMFA website at [www.umfaflutes.org](http://www.umfaflutes.org)

### Fun Flute Facts

George Washington,  
James Madison, and  
Leonardo d Vinci  
all played the flute.



# CORPORATE SPONSORS

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phone: 615-773-9918  
or 1-800-283-4676  
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phone: 651-644-3611  
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St. Paul, MN 55104

## **Flute Specialists, Inc.**

e-mail:  
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web address:  
[www.flutespecialists.com](http://www.flutespecialists.com)  
phone: (888)-590-5722  
or 1-248-589-9356  
606 S. Rochester Road  
Clawson, MI 48017

## **Flute World Company**

e-mail:  
[flutes@fluteworld.com](mailto:flutes@fluteworld.com)  
web address:  
[www.fluteworld.com](http://www.fluteworld.com)  
phone: 1-248-855-0410  
29920 Orchard Lake Road  
Farmington Hills, MI 48334

## **Katherine Lowry Flute Sales and Repairs**

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web address:  
[www.katiesfluteshop.com](http://www.katiesfluteshop.com)  
phone: 651-483-2783  
5750 Lexington Avenue  
Shoreview, MN 55126

## **Metropolitan Regional Arts Council**

email:  
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web address:  
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2324 University Avenue West,  
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Saint Paul, Minnesota 55114

## **Muramatsu America**

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**UPPER MIDWEST FLUTE ASSOCIATION, INC**



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www.umfaflutes.org

**2014-2015 Membership Registration-Individual**

**Membership Type:**

New     Renewal - Membership # \_\_\_\_\_

Last Name \_\_\_\_\_

First Name \_\_\_\_\_ Middle Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_

E-mail Address \_\_\_\_\_

**Additional Information:**

Willing to be a volunteer

I play in a flute choir

Prefer a print newsletter

**Please make checks payable to:**

Upper Midwest Flute Association Inc.

6324 Decatur Ave N

Brooklyn Park, MN 55428

**Corporate memberships:** Use the **Corporate Membership** form.

[www.umfaflutes.org/membership/membership\\_corporate.pdf](http://www.umfaflutes.org/membership/membership_corporate.pdf)

**Before Sept. 1    After Sept. 1**

Full-time student		\$15	\$20
Elementary	___		
Junior High	___		
Senior High	___		
College	___		
Adult		\$30	\$35
Non-Teacher	___		
Teacher	___		
College Teacher	___		
Family		\$40	\$45
Donation		___	___
<b>Total Submitted</b>		___	___

Membership year is September 1 to August 31.

**Secondary address:** If the address provided at left is a school or summer address, please provide a secondary address below along with the start and end date the address should be used.